

I was trained from as far back  
as I can remember by my father,  
Thomas Maun<sup>napau</sup>. He was the  
strictest man in the world  
but he gave me my foundation.  
I come from a family of 11  
and my father made all  
the children attend the  
Hawaiian culture classes at  
the various old neighborhood  
schools. ~~My father knew~~  
~~he was only one man so he~~  
~~used his children to help~~  
~~carry on the Hawaiian culture.~~  
I grew up with no friends of  
my age-level, only adults.  
But I learned the price  
of excellence was discipline.